



Implications of Contraception on Emotional Regulation and Relationship Outcomes

“Since meeting my husband four years previously, I had tried three different types of oral contraceptive- and each had side effects that put a tremendous strain on our relationship.” -[Holly](#)

Emotional Skills are Necessary for Marital Functioning

Emotional skills influence both [marital intimacy and marital satisfaction](#).

Correct emotional expressivity and impulse control enhances [psychological wellbeing](#) and [relationship flourishing](#).

Hormonal Contraception Alters Brain Structure

Hormonal contraception use reduces [grey matter volume](#) in the left amygdala and the area surrounding the hippocampus, decreases [amygdala- parietal cortical](#) connectivity and [intrinsic network connectivity](#), and changes the direction of dorsolateral prefrontal cortex connectivity. This has serious implications on young oral contraceptive users- undergoing crucial [brain development](#).

Oral Contraception Impairs Neurological Structures Necessary for Emotional Functioning

Growing evidence shows that oral contraception alters the [neurological mechanisms](#) that enable [emotion processing](#). OC use decreases [positive affect](#) and bilateral [amygdala reactivity](#) to emotional stimuli, impairs [emotion recognition](#), and affects [emotional memory](#).

Hormonal Contraception Decreases Attraction Mechanisms

Hormonal contraception hinders increased partner attraction by impeding the positive effects of oxytocin on [brain reward system](#).

How to Avoid Pregnancy Without Emotional and



Explore more research about the [effects of contraception on marriage](#) at Marri.us.

[BLOG: The Father- Son Project, Universal Human Rights, and a New Resource at CUA](#)



In my estimation *the* strategic project of the next century (100 years) is the movement of fathers taking unto themselves *alone*, the sexual formation of their sons, resulting in sons capable of being great husbands and fathers. However, I predict that those interested in a totalitarian state (the socialist state) as well as radical-core feminists (and there is a significant overlap) will oppose this movement with merciless pursuit, for, if it spreads, it takes away from them their most powerful tool- "sex gone wild." [Continue reading here.](#)

For the good of the child --- the future of America,
Pat Fagan, Ph.D.
Director of the MARRI Project
Catholic University of America

